

LOUDOUN COUNTY  
DEPARTMENT OF PARKS,  
RECREATION AND  
COMMUNITY SERVICES

Area Agency on Aging

Director

Dr. Lynn Reid

MAIN NUMBER

703-777-0257

**SENIOR SERVICES**

Program Manager

Debra Williams

**SENIOR ACTIVITY  
CENTERS**

Dulles South

571-258-3883

Leesburg

703-737-8039

**ADULT DAY  
CENTERS**

Manager,

Cheryl Flowers

Leesburg

703-771-5334

Manager, Megan Carriere

Purcellville

571-258-3402

**ELDER RESOURCES**

Program Manager

Kathryn VanCuren

703-777-0257

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Area Agency on Aging 215 Depot Court, SE Leesburg, VA 20175

# Silver Star

VOLUME 6, ISSUE 9

MARCH 2011



## Guest Speakers in March!

**Friday, March 4th, 2011**

**at 10:30am**

### FIRST FRIDAY FUN!

Please join us the first Friday of each month to learn about health and fitness. We want to incorporate physical fitness as well as balance in your personal life! Kathy Elias of Capital Hospice will be combining healthy eating, exercise, and new exciting ways to live life to the fullest!



**Friday, March 11th, 2011 at 10:30am**

### Art with Elizabeth

Come and meet Elizabeth to learn about types of activities involved in these classes: Photography, Printmaking, Ceramics, and Abstracts. This New ART WITH ELIZABETH program will be held on Fridays from 1:30-2:30pm beginning in the late spring and summer. Bring your projects and your questions for Elizabeth.



**Monday, March 21st, 2011 at 10:30am**

### Tax Relief

Learn about the County's Property Tax Relief Program for Elderly and Disabled Residents. More details on page 3.



**Thursday, March 31st, 2011 at 10:30am**

### Senior Navigator

Are you a technologically savvy senior? Are you looking for information about nutrition, exercise, or quitting smoking? More details on page 4.

FIND US ON THE WEB AT: [WWW.LOUDOUN.GOV/SENIORS-LEESBURG](http://WWW.LOUDOUN.GOV/SENIORS-LEESBURG)

## SENIOR ACTIVITY CENTER AT LEESBURG

215 Depot Court  
Leesburg, VA 20175  
703-737-8039



### NEWS FROM THE LEESBURG SENIOR CENTER ADVISORY BOARD

Our Board has carried out many fundraisers throughout the years that have included Daily Curio Cabinet sales since 2003, raffles, calendar sales, etc. A portion of the monies received from our fundraisers, including monetary donations, have thus far been helpful in benefiting our senior members by providing and assisting staff with activities and parties as well as purchasing needed equipment for use at our present location. It has been our aim these past few years to earmark the majority of all monies received for the purpose of providing any extras that may be desired after we move to North Street this summer. The County of Loudoun has been very supportive to its seniors for which we are truly grateful, but in these difficult times it will be up to us to provide some extras after move-in. Our fundraising monies should help to provide some of these. Thank you to all who have supported our efforts during these past few years.

Our next meeting will take place on March 3 at 2:00pm.



### Join our Chorus Every Wednesday 1:00pm

Like to sing? There is no fee for this program so come join the fun.



### Digital Camera Class Classes Tues. March 1st - Tues. March 22nd

1:00pm—2:00pm \$24./ 327630-01

Learn how to use your digital camera and download your pictures to edit and save them.

## Who Wants To Be A Millionaire Every Thur. Beginning March 3rd 12:45pm



Do you have what it takes to be a millionaire? Come and join Meredith as we make it to the millionaire level.

### Guest Speaker Friday Fitness Fun Friday, March 4th, 2011 10:30am

Join us for First Friday Fun on March 4th at 10:30am as Elizabeth Siegert, RN will lead the presentation on Yoga, light stretching and toning with seated options.



### Book Club

**"The Last American Man"**  
Author: Elizabeth Gilbert  
Wed., March 9th

Copies of the book are available at the front desk. Pick up your copy today.

### Seniors to visit Monroe VoTech Center Thur., March 10th and 24th 1pm

Leesburg Senior Activity Center will assist the Monroe VoTech Center horticulture students in transplanting roma tomato plants at the green house in preparation for the plant sale in May.



CHARLOTTE  
BENJAMIN  
PICTURED WITH  
TOMATO PLANTS

### Guest Speaker Art with Elizabeth Friday, March 11th 10:30am

See cover page for complete description.





## FEBRUARY BIRTHDAY PARTY!

On Wednesday February 9th, 2011 the Leesburg Senior Activity Center celebrated birthdays for the following members: Lloyd McLaughlin, Yolanda Madyun, Dorothy Vozar, and Ed Utterback and Frank King

## Celebrate your March Birthday with us!

Wednesday, March 16th 12:30pm

Please call ahead by noon before March 15th for lunch reservations.



## St. Patrick's Day Party

Thursday, March 17th  
Bus leaves at 10:30am

Featuring Irish Dancers and a traditional lunch of Corned Beef and Cabbage.

\$5.00 fee/ party \$1.00/ transportation fee

## LUNCH BUNCH

Fri., March 18th  
11:00am



Coney Island Leesburg, VA

Bus transportation fee for this event will be \$1.00 per person; lunch purchase is on your own.



Happy St. Patrick's Day  
from Your Friends of the  
Loudoun County Senior  
Activity Centers

## Guest Speaker

### Property Tax Relief Program

Monday, March 21st 10:30am

Loudoun County offers a property tax break to eligible residents who file an application and meet certain qualifying criteria. Program participants are relieved from the payment of real estate taxes on their primary dwelling and lots up to 3 acres and may have their car taxes cut in half. Residents must be 65 years of age or older or totally and permanently disabled and have household income and net worth less than \$72,000 and \$440,000 for real estate relief, and \$52,000 and \$195,000 for personal property tax relief.

Robert S. Wertz, Jr., Loudoun County Commissioner of the Revenue, will give a presentation about the tax relief program and answer residents' questions. For more information see <http://www.loudoun.gov/taxrelief> or contact the Tax Relief Division of the Commissioner of the Revenue's Office at 703-737-8557 or [trcor@loudoun.gov](mailto:trcor@loudoun.gov)

## Take the AARP Driver Safety Program

*The nation's first and largest classroom refresher for motorists age 50 and older.*

- Learn how to avoid driving hazards
- Minimal course fee
- No tests!



**AARP**® Driver Safety Program

At the Leesburg Senior Activity Center  
Wed., March 23 and Thur., March 24  
1:00pm-5:00pm

You must attend all day on both days  
Call to reserve your seat before March 18  
703-737-8039. Fee: \$12.00





## March Madness Party

Sit in the arena or take part in Basketball and Office Basketball. Reserve by March 21st.

**Friday, March 25th**

Cost \$2.00 327691-01



## Guest Speaker

### Healthy Choices Solution Center Presentation by SeniorNavigator

**Thurs., March 31st 10:30am**

Are you a technologically savvy senior? Are you looking for information about nutrition, exercise, or quitting smoking? Do you need some extra motivation to adopt new healthy lifestyle behaviors? Worried about weight gain? Get a jump on your computer expertise with SeniorNavigator's newest website - Aging Well: Healthy Choices Solution Center!

Donna Foster with SeniorNavigator will present this course on free, fun and easy-to-use internet tools to track progress related to good nutrition fundamentals and the importance of physical activity. This course will be offered in the Computer Classroom at the Leesburg Senior center. The class is free but class size is limited to 8. Please call (703) 737-8039 to register.

## One on One Support w/ Kathy Kehoe

Elder Case Manager of the Area Agency on Aging; by appointment; 703-737-8741. Confidential supportive counseling for aging issues.

## UPCOMING EVENTS



### Dance to the Music

**Monday, April 18th**

**12:30pm**

**\$2.00/ 327692**



L.P. Music by Dean Martin and Frank Sinatra



## LUNCH BUNCH

**Thurs., April 21st  
at 11:30am**

**Moe's Southwest Grill - Leesburg, VA**

**\$1.00**

**Transportation fee**

Lunch is on your own

A Lesson Learned by PMC (one of our members) The other morning was a bright and sunny day. I thought it was much warmer than it was. I come out of my street onto Rt. 7 and the traffic was heavy at 8:30am and people had stopped for the light. While I was stopped, my window looked dirty so I thought I would wash it quickly with the wiper spray. WRONG! The light turned green. The stuff on my window suddenly turned to slush. It was frozen slush and I couldn't see. The bright sunshine made matters worse. Now what? There was nowhere to go. My instinct was to press on my emergency flashers and use hand signals just waiting for someone to hit me. Luckily everyone was alert and avoided me. Thank you good drivers! I avoided a catastrophe. The sun moved as I drove blind and I could see again. It was a miracle. Thank you God! The lesson I learned was CLEAN YOUR WINDOW BEFORE YOU MOVE YOUR CAR. When the sun hit the dirty window which was full of the previous day's chemical salt spray it was a double whammy! I hope you will all avoid this in the future and keep safe and share this experience with your friends and family. Accidents do happen but with this information you can avoid what happened to me. Be sure to fill your car's window washer fluid with de-icer.



## Inclement Weather Policy

♦ If Loudoun County schools are open 2 hours late or closed—all Senior Centers remain open. However, all activities, including lunch, transportation and Home Delivered Meals are cancelled.

♦ If schools open one hour late, activities, lunch, transportation including Home Delivered Meals, are scheduled as usual.

♦ If Loudoun County Government is closed, all Senior Centers will be closed, and there will be no Home Delivered Meals.

Listen to Radio stations - WINC 92.5 FM, WMAL 630 AM and TV Stations - Channel 4, 5, 7, 8 and 9, for updates.



### What is Senior Olympics?

The **SENIOR OLYMPICS** promotes healthy aging in older adults by providing opportunities for physical and mental competition in events within a friendly environment. Participation in many recreational and athletic events creates an atmosphere of year round achievement and a desire for self improvement. Check our web-site at [www.nvso.us](http://www.nvso.us)

### **Save These NVSO Dates for 2011**

#### **September 17-28, 2011**

*Loudoun County will be hosting all the Swimming Competition at Claude Moore Recreation Center in Sterling on Friday, September 23, 2011 in the lap pool.*

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**2011 Virginia Senior Games  
May 5-8, 2011 in Richmond VA  
Registration Ends April 15, 2011**

Information available at  
[www.VirginiaSeniorGames.org](http://www.VirginiaSeniorGames.org)

## TAX ASSISTANCE

### HELP IS ON THE WAY



The Loudoun County Area Agency on Aging, in cooperation with the IRS, is sponsoring a VITA Tax Assistance Program offering tax preparation assistance from February 18 thru April 11, 2011. You are eligible for this assistance if your income is \$49,000 or less and you file standard tax forms.

Clients will be served on a "walk-in" basis—no appointments will be made—from 10:00am to 2:00pm, on Mondays and Fridays only, at the Rust Library in Ida Lee Park at 380 Old Waterford Road, Leesburg, VA 20175.

You must bring the following to the Rust Library:

1. A Photo ID.
2. Social Security cards for all persons claimed on the tax return.
3. A copy of the 2009 federal tax return.
4. All W-2 forms and statements from social security, welfare, retirement, unemployment income, or other income.
5. Medical, tax, interest statements, and other deduction information if you plan to itemize.

The VITA site will be closed when Loudoun County Public Schools are closed due to inclement weather.



### **LOUDOUN VINTAGE GOLF**

**Cost \$35/residents  
\$55/non-residents**

**Start Date: April 4th at River Creek**

Description: This is a Senior Golf League that plays on Mondays starting in April until the end of October. We have reduced fees at local golf courses such as: Stoneleigh, South Riding, Raspberry Falls, Hidden Creek CC and many others. You can play as many times or as few times as you wish throughout the year. You pay the greens fees when you arrive for play.



# Senior Activity Center at Leesburg

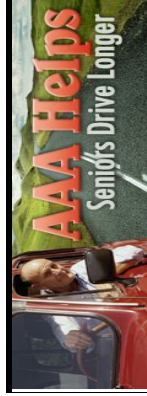
# MARCH 2011

Open Monday—Friday 8:30am—5:00pm



St. Patrick's Day  
March 17th  
Bus Trip to  
Carver

## Monday



**Driver Safety Course**  
**Wed., March 23 & Thurs.,**  
**March 24**  
**1-5pm**  
**\$12.00 check payable to**  
**AARP.**  
**Call 703-737-8039 to register.**

## Tuesday

**1**

9:00am Coffee Chat  
10:00am Texas Hold'em  
10:00am Beginners Spanish RR  
10:00am Euchre  
10:30am Yoga with Nargis  
**12 noon Lunch-RR-Donation**  
12:30pm Shopping at Bloom  
**1:00pm Digital Camera RR**  
1:00pm Party Bridge

## Wednesday

**2**

**Inova Van**  
9:00am Coffee Chat  
9:00am Wii Bowling  
**9:00am Inova Health Van**  
10:00am Internet Comp. Basic RR  
**10:30am Hearing Aid Help**  
11:00am Bible Study w/ Bill  
**12 noon Lunch-RR-Donation**  
**12:00pm Belly Dance Class RR**  
**1:00pm Chorus**  
1:00pm Line Dancing  
2:00pm Social Dance

## Thursday

**3**

**Advisory Board**  
9:30am Yoga and Laughter  
10:00am Texas Hold'em  
10:00am Goose Creek Bridge  
10:30am Euchre  
11:00am Stretch & Tone w/ Mary  
**12 noon Lunch-RR-Donation**  
12:30pm Mahjongg & Pinochle  
12:45pm Who Wants To Be A Millionaire  
**2:00pm Leesburg Senior**  
**Activity Center**  
**Advisory Board Meeting**

## Friday

**4**

**Guest Speaker**  
8:30am Table Tennis  
9:00am Crochet Club  
9:00am Stitch 'n B Club  
9:00am Ceramics  
9:30am Spanish Workshop  
**10:30am Guest Speaker**  
**12 noon Lunch-RR-Donation**  
12:45pm Bingo with Gail  
12:45pm Pinochle  
1:00pm Loudoun Bridge Buffs  
2:00pm Wii and Popcorn

**7**

9:00am Sewing & Stitch-in  
9:00am Ceramics  
9:00am Coffee Chat  
9:00am Computer Assistance  
**9:30am Investors Discussion**  
10:30am Bid Whist  
10:30am Giant Crossword Puzzle  
10:45am Tai Chi with Sucha  
**12 noon Lunch-RR-Donation**  
12:30pm Stretch & Tone  
12:45pm Pinochle & Mahjongg  
1:00pm Art Studio  
1:00pm Bowling  
2:00pm Rummikub

**8**

**9:00am Beginners Bridge RR**  
10:00am Texas Hold'em  
10:00am Beginners Spanish RR  
10:00am Euchre  
10:30am Yoga with Nargis  
**12 noon Lunch-RR-Donation**  
12:30pm Shopping at Giant  
**1:00pm Digital Camera RR**  
1:00pm Party Bridge

**9**

**Book Club**  
9:00am Wii Bowling  
**10:00am Book Club**  
10:00am Internet Comp. Basic RR  
11:00am Bible Study w/ Bill  
**12 noon Lunch-RR-Donation**  
**12:00pm Belly Dance Class RR**  
1:00pm Line Dancing  
**1:00pm Chorus**  
2:00pm Social Dance

**10**



**Diabetes Support**  
**Plant Propagation**  
9:00am Coffee Chat  
9:30am Yoga and Laughter  
10:00am Texas Hold'em  
10:00am Goose Creek Bridge  
10:30am Euchre  
**11:00am Diabetes Support**  
11:00am Stretch & Tone w/ Mary  
**12 noon Lunch-RR-Donation**  
12:30pm Mahjongg & Pinochle  
12:45pm Who Wants To Be A Millionaire  
**1:00pm Plant Propagation**  
**1:30pm Chess Club**  
2:00pm Wii and Popcorn

**11**

**Guest Speaker**  
8:30am Table Tennis  
9:00am Crochet Club  
9:00am Stitch 'n B Club  
9:00am Ceramics  
9:30am Spanish Workshop  
**10:30am Guest Speaker**  
**12 noon Lunch-RR-Donation**  
12:45pm Bingo with Gail  
12:45pm Pinochle  
1:00pm Loudoun Bridge Buffs  
2:00pm Wii and Popcorn  
8:00pm Beaux & Belles—St. Patrick's Dance





<b>14</b> 9:00am Coffee Chat 9:00am Sewing & Stitch-in 9:00am Ceramics 9:00am Computer Assistance 10:30am Bid Whist 10:30am Giant Crossword Puzzle 10:45am Tai Chi with Sucha <b>12 noon Lunch-RR-Donation</b> 12:30pm Stretch & Tone 12:45pm Pinochle & Mahjongg 1:00pm Bowling 1:00pm Art Studio 2:00pm Rummikub	<b>15</b> 9:00am Coffee Chat <b>9:00am Beginners Bridge RR</b> 10:00am Euchre 10:00am Texas Hold'em 10:00am Beginners Spanish RR 10:30am Yoga with Nargis <b>12 noon Lunch-RR-Donation</b> 12:30pm Shopping at Shopper's Food Warehouse <b>1:00pm Digital Camera RR</b> 1:00pm Party Bridge	<b>16 March B-Day</b> 9:00am Wii Bowling <b>9:30am Zumba Gold FREE</b> 10:00am Internet Comp. Basic RR 11:00am Bible Study w/ Bill <b>12 noon Lunch-RR-Donation</b> <b>12:00pm Belly Dance—Makeup Class</b> <b>12:30pm March B-day Party</b> <b>1:00pm Chorus</b> 1:00pm Line Dancing 2:00pm Social Dance 	<b>17 St. Pat's Party</b> <b>Chess Club</b> 9:30am Yoga and Laughter 10:00am Texas Hold'em 10:00am Goose Creek Bridge 10:30am Euchre 11:00am Stretch & Tone w/ Mary <b>10:30am Bus Departs to Carver for St. Patrick's Day Party</b> <b>12 noon Lunch-RR-Donation</b> 12:30pm Mahjongg & Pinochle <b>1:30pm Chess Club</b> <b>6:30pm Caregiver Phone Support</b>	<b>18 Lunch Bunch</b> 8:30am Table Tennis 9:00am Crochet Club 9:00am Stitch'n B Club 9:00am Ceramics 9:30am Spanish Workshop <b>11:00am Dance Fitness Fun!</b> <b>11:00am Lunch Bunch—RR Coney Island</b> <b>12 noon Lunch-RR-Donation</b> 12:45pm Bingo with Gail 12:45pm Pinochle 1:00pm Loudoun Bridge Buffs 2:00pm Wii and Popcorn
<b>21 Guest Speaker</b> 9:00am Sewing & Stitch-in 9:00am Ceramics 9:00am Computer Assistance <b>9:30am Investors Discussion</b> 10:30am Bid Whist <b>10:30am Guest Speaker</b> <b>12 noon Lunch-RR-Donation</b> 12:30pm Stretch & Tone 12:45pm Pinochle & Mahjongg 1:00pm Bowling 1:00pm Art Studio 2:00pm Rummikub	<b>22</b> 9:00am Coffee Chat 10:00am Euchre 10:00am Beginners Spanish RR 10:00am Texas Hold'em 10:30am Yoga with Nargis <b>12 noon Lunch-RR-Donation</b> 12:30pm Shopping at Wegmans <b>1:00pm Digital Camera RR</b> 1:00pm Party Bridge	<b>23 AARP Driver</b> 9:00am Coffee Chat 9:00am Wii Bowling <b>9:30am Zumba Gold RR</b> 10:00am Internet Comp. Basic RR 10:30am Current Events 11:00am Bible Study w/ Bill <b>12 noon Lunch-RR-Donation</b> <b>1:00pm AARP Driver Safety RR</b> 1:00pm Line Dancing 2:00pm Social Dance	<b>24 AARP Driver</b> 9:30am Yoga and Laughter 10:00am Texas Hold'em 10:00am Goose Creek Bridge 10:30am Euchre 11:00am Stretch & Tone w/ Mary <b>12 noon Lunch-RR-Donation</b> 12:30pm Mahjongg & Pinochle 12:45pm Who Wants To Be A Millionaire <b>1:00pm AARP Driver Safety RR</b> <b>1:00pm Plant Propagation</b> 2:00pm Wii and Popcorn	<b>25 March</b> <b>Madness Party</b> 8:30am Table Tennis 9:00am Crochet Club 9:00am Stitch'n B Club 9:00am Ceramics 9:30am Spanish Workshop <b>11:00am March Madness</b> <b>12 noon Lunch-RR-Donation</b> 12:45pm Bingo with Gail 1:00pm Loudoun Bridge Buffs 8:00pm Beaux & Belles—VASARDA THEME DANCE
<b>28 WHITE ELEPHANT</b> 9:00am Sewing & Stitch-in 9:00am Ceramics 9:00am Computer Assistance 10:30am Bid Whist 10:30am Giant Crossword Puzzle 10:45am Tai Chi with Sucha <b>12 noon Lunch-RR-Donation</b> <b>12:30pm White Elephant Bingo</b> 12:45pm Pinochle & Mahjongg 1:00pm Art Studio 1:00pm Bowling 2:00pm Rummikub	<b>29</b> 9:00am Coffee Chat 10:00am Euchre 10:00am Beginners Spanish RR 10:00am Texas Hold'em 10:30am Yoga with Nargis <b>12 noon Lunch-RR-Donation</b> 12:30pm Shopping at Wal-Mart 1:00pm Party Bridge	<b>30</b> 9:00am Coffee Chat 9:00am Wii Bowling <b>9:30am Zumba Gold RR</b> 10:00am Internet Comp. Basic RR 10:30am Current Events 11:00am Bible Study w/ Bill <b>12 noon Lunch-RR-Donation</b> <b>1:00pm Chorus</b> 1:00pm Line Dancing 2:00pm Social Dance	<b>31 Guest Speaker</b> 9:30am Yoga and Laughter 10:00am Texas Hold'em 10:00am Goose Creek Bridge 10:30am Euchre <b>10:30am Guest Speaker—Senior Navigator in Computer Lab</b> 11:00am Stretch & Tone w/ Mary <b>12 noon Lunch-RR-Donation</b> 12:30pm Mahjongg & Pinochle 12:45pm Who Wants To Be A Millionaire 2:00pm Wii and Popcorn	<b>St. Patrick's Day</b> <b>Thur., March 17</b> <b>Bus leaves at 10:30am</b> Featuring Irish Dancers and a traditional lunch of Corned Beef and Cabbage  \$5.00 +\$1.00/transport Registration Required

**RR—Reservations Required**



## DANCE FITNESS FUN

Friday,  
March 18th  
10:30am

Want to get some exercise but hate treadmills and traditional exercise classes? Do you love to dance? Join us at 11:00am on Friday, March 18th at 11:00am.

We'll play some fun music and dance free style, Electric Slide, the twist, salsa, whatever the music moves us to do. Bring a favorite song or come enjoy the fun, upbeat music we have on DC here at the Senior Center.



## Intermediate Spanish Workshop Every Friday 9:30am-11:30am

Each person needs to have completed at least three months of Beginning Spanish Class. Advance what you know through conversation and practice with others.



## Donations & Sponsorships

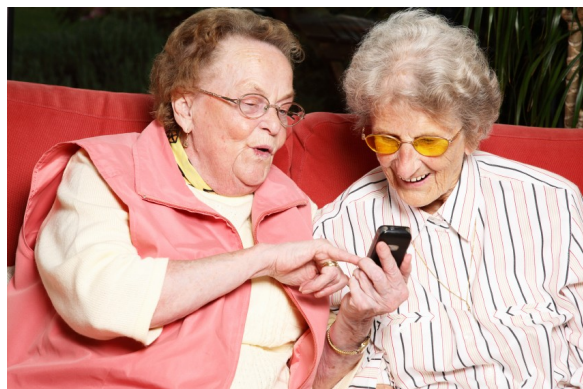
Throughout the year, we are asked how an individual can make a donation to help the senior center. Listed below are areas to which donations may be accepted.

- ♦ Senior Activity Center at Leesburg
- ♦ Congregate Meals Program
- ♦ Leesburg Senior Center Advisory Board
- ♦ Home Delivered Meals Program
- ♦ "Adopt a Senior" - annual Senior membership fee is \$25.00 per year

Make check payable to County of Loudoun.  
Mail to 215 Depot Court SE Leesburg, VA 20175

Note: Memorial donations should include the individual's name and the address to which we can send an acknowledgement.

## Welcome to the Loudoun County Caregiver Phone Support Group!



Have you ever wanted to attend a support group but don't have the time due to your busy schedule? Please join us to share your experience, get information, learn caregiving tips, and gain emotional support without having to travel.

Every month on the 3rd Thursday from 6:30-7:30PM.

We are pleased to invite you to our support group informational sessions. If you would like to participate, contact  
Kathryn.vancuren@loudoun.gov  
or call 703-777-0257.

You will be given a toll-free number and access code needed to join the session. You may also register by visiting us at [www.loudoun.gov/aaa](http://www.loudoun.gov/aaa) or <http://inter1.loudoun.gov/eSurvey/survey.aspx?id=1490>

\*Note to participants: Please call five (5) minutes before the telephone support group session is scheduled to begin.

## The Leesburg Senior Activity Center is Available for Rent Evenings and Weekends











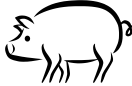



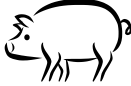









Are you planning a birthday party, anniversary, holiday party, family reunion, public meeting? Call 703-737-8039 for more information.





# MARCH 2011 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Reservation Required:</b> Reserve Your Lunch at least 24 hours before the day you would like to attend. <b>Call</b> <b>703-737-8039</b>	1. Vegetarian Egg Roll Oriental Rice Vegetable Roll Fruit Milk <div>NO MEAT</div>	2. Cheeseburger Lentil Soup Chips Roll Fruit Milk 	3. Turkey Wingettes Brown Rice Nomandy Blend Roll Fruit Milk 	4. Salisbury Steaks Whipped Potato Vegetable Blend Roll Fruit Milk 
7. Stuffed Cabbage Whipped Potatoes Vegetable Medley Roll Fruit Milk 	8. Chicken Fillets Macaroni/ Cheese Spinach Roll Fruit Milk 	9. Ham & Cheese Sandwich Chicken and Rice Soup Chips Roll Fruit Milk 	10. Escalloped Chicken and Noodles Green Beans Roll Fruit Milk 	11. Spaghetti/ Meat-sauce Tossed Salad Garlic Bread Fruit Milk 
14. Fried Chicken Drumsticks Scalloped Potatoes Mixed Vegetables Fruit Roll Fruit Milk 	15. Lasagna Garden Salad Roll Fruit Milk 	16. Pork Chops Baked Potato Glazed Apples Fruit Roll Fruit Milk 	17. Corned Beef Cabbage Paslied Potatoes Roll Fruit Milk 	18. Baked Fish Delmonico Potatoes Veggie Blend Fruit Roll Fruit Milk 
21. Chili Rice Broccoli Roll Fruit Milk 	22. Hot Dog on bun Baked Beans Greens Fruit Cobbler Milk 	23. Sliced Turkey Sandwich Soup Chips Fruit Milk 	24. Meatloaf Whipped Potatoes Vegetable Medley Roll Fruit Milk 	25. Chicken Patty Sandwich Broccoli/Cheese Soup Chips Fruit Milk 
28. Baked Ham Sweet Potato Green Beans Roll Fruit Milk 	29. BBQ Chicken Baby Baked Potato Mixed Vegetable Roll Fruit Milk 	30. Beef Stew Noodles Vegetable Medley Roll Fruit Milk 	31. Roast Pork Tenderloin Mashed Potato Spinach Roll Fruit Milk 	<b>Cost of Meal</b>  \$4.00 for Adults ages 55-59 years old. By Donation for Adults ages 60 and up.

# Dulles South Senior Activity Center

## DULLES SOUTH SENIOR ACTIVITY CENTER

24950 Riding Center Dr.  
South Riding, VA 20152  
571-258-3883

### SPECIAL EVENTS

Please contact the Dulles Senior Activity Center for information about Special Events for seniors

### St. Patrick's Day Celebration Thur., March 17th 11am-2pm

Carver Center welcomes all to celebrate the day with a traditional Irish meal and some great entertainment. MUST REGISTER. #330607-02

## Senior Programs

### Birthday Celebration Wed., March 30th 12:30pm

We will celebrate all March birthdays.

### Activities AND EXERCISE

### Yoga for Seniors w/ Marilyn Mon. Wed. & Fri., 11am

Thursday 10:00am  
Enjoy the benefits of a life with YOGA. This class practices yoga while seated in a chair for the benefit of all seniors. Improve your strength, balance & flexibility in this class. Try Laugh Yoga, you will leave this activity with a smile on your face.

**Ping Pong Clinic**  
Mon. & Fri. 10:30am  
Sign-up & learn the ins & outs of 'table tennis' Remember the good ole days of the family ping pong table in the rec room. GREAT exercise & really fun. Learn the game & then enjoy playing ping pong with friends.

**Tai-Chi 24 w/ Friends**  
Tues & Wed. 10:00am  
You will enjoy this very authentic form of exercise from China.

**Line Dance w/ Sucha**  
Every Tues. 11:00am  
Consider performing locally with the group that competed in Sr. Olympics in NOVA 2010.

**English Chat**  
Every Tues., & Wed. 1pm  
For those working on improving communication skills in English.

**Crafting Together**  
Every Wed., 10:30am  
If you knit, sew, crochet or maybe general crafting is your thing, friends with like minds meet to work and share new ideas.

**Yoga with Marilyn**  
Every Thur., 11:00am  
Traditional Yoga. Please bring your Yoga mat.

**Mahjongg**  
Please inquire at Center  
Learn the traditional or Wright Patterson way of playing this ancient Chinese tile game.

**Computer w/ Alfred**  
Tues. 10:30am-1:00pm  
Computer Help

**Art Forum with Clara**  
Every Thurs. 1:00pm  
List of supplies avail. from instructor. Class size limit.

**Shopping at Kmart**  
Every Monday 1:00pm

**Prayer Meeting**  
Mon-Fri. 10:30am-11am  
Group meets in conference room. All welcome.

**Library Outreach Services**  
2nd Fri. 11am  
LCPL visits D.S.S.A.C. for a monthly book/tape/CD exchange. Participants are welcome to borrow books, etc. from the centers ever-growing library.

**Advisory Board Meeting**  
1st Tues. 1:00pm  
Meetings to fulfill the mission of the senior center.

**Nutrition and Healthy Aging**  
Wed., 10:30am  
Make an appointment today and meet with a health professional to discuss healthy aging and nutrition in your life. This program is offered FREE of charge.

**One-on-One Support with Kathy Kehoe**  
2nd & 4th Wed. 12:30-2:30pm  
Elder Case Manager of the Agency on Aging. Confidential, supportive counseling for aging issues. A sign up sheet is available in staff office; or call Kathy for questions about your appointment. 703-737-8741.

**Loudoun Mobile Health Services**  
3rd Tues. 11:00am  
Stop by and have your blood pressure and heart rate monitored monthly.

**Games Galore**  
Daily 11:30am  
Start your weekend out right....PLAY. Jumps start vocabulary with a good game of SCRABBLE, DOMINOES (all types) RUMMIKUB, Mah Jongg, etc.

## Adult Day Centers - Leesburg & Purcellville



**ADULT DAY CENTER AT LEESBURG**  
**Manager, Cheryl Flowers 703-771-5334**

Adult Day Centers provide activities and services for seniors with memory problems or various physical needs. These services provide a safe, social environment, therapeutic activities, individualized personal care; adults are assisted to maintain and enjoy their independence and abilities.

Assisting these sen-

iors throughout the day provides caregivers well deserved time for respite. Sliding-scale fees apply. Limited door to door transportation is available to and from the center in Leesburg to Leesburg, Sterling and Ashburn areas, and from the center in Purcellville to Purcellville, Round Hill, Hamilton and other surrounding areas.



**ADULT DAY CENTER AT CARVER**  
**Manager,**  
**Megan Carriere**  
**571-258-3402**

For questions about the Leesburg Adult Day Center call 703-771-5334, or Carver Adult Day Center at 571-258-3402.

**View our Adult Day Center video on our AAA website; go to [www.loudoun.gov/adulday](http://www.loudoun.gov/adulday)**

## Support Groups

### Alzheimer's Caregiver Support Groups

**Adult Day Center - Carver** 200 Willie Palmer Way, Purcellville, VA 20132  
 Every Third Tuesday from 12:30-1:30pm.

**Galilee United Methodist Church**  
 45425 Winding Road, Sterling, Virginia 20165  
 Second Monday of each month 7:00p.m.

**Contact Dee Steubing at 703-430-9229**

For information on Alzheimer's Support Groups outside Loudoun County please call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or toll-free 1-800-272-3900 or online [www.alz.nca.org](http://www.alz.nca.org)



*JOURNEY TO THE  
BETTER HALF OF LIFE*

Label Here



***March 2011  
St. Patrick's Day***

## **Senior Activity Center at Leesburg**

**March 1 - Digital Camera Class RR**

**March 2 - Inova Health Van**

**March 3 - Leesburg Senior Activity Center Advisory Board Meeting**

**March 4 - Guest Speaker**

**March 9 - Book Club**

**March 10, 24 - Plant Propagation**

**March 11 - Guest Speaker**

**March 16 - March Birthday Party RR**

**March 17 - St. Patrick's Day Party at Carver RR**

**March 18 - Lunch Bunch RR**

**March 18 - Dance Fitness Fun!**

**March 21 - Guest Speaker**

**March 23, 24 - AARP Driver Safety Course RR**

**March 25 - March Madness Party**

**March 28 - White Elephant Bingo**

**March 31 - Guest Speaker**

**RR - Registration Required**

If you would like to be a contributor to the Silver Star and have information newsworthy to seniors, submit to Jackie Mayne @ 703-777-0358—215 Depot Court, SE, Leesburg, VA 20175 or via e-mail at [jackie.mayne@loudoun.gov](mailto:jackie.mayne@loudoun.gov). Deadline for material is the 5th of the previous month. No publication guarantee. Submissions are reviewed for content suitability, and may be edited for content and space. Items submitted will not be returned.